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February | March 2017

A Time to Reflect

Remembering the B & W Railroad

Celebrating with St. Patrick

Triumph of Entrepreneurship:  
Executive Secretarial Celebrates  
30 Years of Success

The Sweet Taste of Spring



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February/March 2017



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Cover Photo by  
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## Bacon & Chicken Alfredo Casserole

*Serves 6*

Prep Time: 15 minutes | Cook Time: 20 minutes

### You'll Need:

- 1 ½ cups – 2 cups cooked Penne pasta
- 1 lb boneless, skinless chicken breast, cut into 1" chunks
- 2 Tbsp. olive oil
- 1- 650ml jar Alfredo Sauce (your choice)
- 1/2 cup cooked bacon, crumbled
- 1 1/2 cups mozzarella cheese, shredded
- Salt & pepper to taste

### To Create:

- ➔ Preheat oven to 375° degrees. Cook pasta according to package directions and set aside.
- ➔ Over medium-high heat in non-stick pan, sauté chicken in olive oil. Brown on all sides, approximately 5-7 minutes.
- ➔ Spray a 9x13 casserole dish with non-stick cooking spray. Mix pasta and Alfredo sauce together. Spread about 1/2 the pasta/Alfredo into pan. Next layer on top: chicken, 1/2 the bacon and 1/2 of the cheese. Spread remaining pasta/Alfredo on top and finish with remaining bacon and cheese.
- ➔ Bake 15-20 minutes until heated through.
- ➔ Optional: Brown top of casserole under broiler 1-2 minutes. Sprinkle with freshly chopped parsley if desired. (Also, you could put bread crumbs on top for a crunchier topping and brown)



## Vickers Maple Syrup Dumplings

*Make's 6 Servings*

### You'll Need:

- 2 cups unbleached all-purpose flour ½ tsp. vanilla extract
- ¼ cup sugar 1 cup milk
- ¼ cup unsalted butter, softened 1 cup water
- 2 tsp baking powder 1 540 ml can maple syrup
- ¼ tsp salt
- Ice-cream or double cream, to serve

### To Create:

- ➔ Put flour, sugar, salt and baking powder into a large bowl. Use your fingertips to rub in the butter until the mixture resembles fine breadcrumbs. Pour in the milk and vanilla, use a mixing spoon to stir until well combined. Roll the mixture into 12 - 18 balls.
- ➔ To make the sauce, combine the water and syrup in a large saucepan over medium heat. Cook, stirring for 3 minutes or until the syrup dissolves and the mixture comes to a simmer. Reduce heat to med – low.
- ➔ Add the dumplings to the sauce and cover. Cook for 15-20 minutes or until the dumplings are light and fluffy. Use a slotted spoon to divide the dumplings among serving bowls. Spoon the sauce over the dumplings and serve with ice-cream or cream.




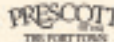
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*Ceremony on December 4th, 2016 to rededicate the Rotary Clock Tower.*

# A TIME TO REFLECT

By Joan Rupert-Barkley

*A historical landmark in Prescott that towers over the downtown area recently got a facelift.*

The Rotary Clock is located at the northeast corner of Centre and King Street and has gone through many modern upgrades in the past year. These upgrades include; new clock hands on each of the four faces, replacement of the clock movement, refurbishing of the clock dial and re-glazing of the dial panes. The ringing of the 53" diameter, 3,136 lb. G & J Bell was automated. This work was commissioned by the Town.

The history of the clock dates back more than 80 years. In the 1920's, Mrs. Harriet Daniels bequeathed \$5,000.00 to the town. This money was to be used to erect a town clock on the Prescott Town Hall in memory of her husband Louis Hasbrouck Daniels. Mr. Daniels was a long-time Prescott resident in the 19th and early 20th century. He was the founder of the Daniels Hotel, which was located east of the present clock tower. Mr. Daniels was a town councillor for 6 years. At the age of 74 he became mayor of Prescott. He was mayor for two terms.

"The town hall had been built in 1874 and lacked a town clock. I guess Mr. Daniels thought that every decent town should have

a town clock atop its Town Hall", commented councillor Fraser Laschinger.

The clock was delivered to Prescott from Croydon England in 1927 and was mounted at the top of the Town Hall at the northeast corner of Centre and King Street. When the Town Hall was demolished in 1962, the clock, along with a plaque was put in storage.

Years later, the restored clock and bell were taken out of storage and remounted on a new tower at the corner of Centre and King Streets.

"The Rotary Clock Tower was part of a rotary initiative in conjunction with the town and its people in 1980," commented Chris McCorkell, president of the Rotary Club of Prescott.

The Rotary Club received support from the Federal Government's Neighbourhood Improvement Program. However, in order to raise their portion of the cost, approximately \$15,000.00, the Rotary Club held various fundraising events that included a bake sale and raffle. However, the most successful fundraising idea was the "Buck A Brick" Campaign.

Members of the club sold bricks for a \$1.00. Each brick that was sold was inscribed on the inside with the donor's name. These bricks were then used in the construction of the clock tower. There were 11,000 grey roughcast bricks in the new four-pillar tower. Every weekend and holiday, the Rotarians would sell the bricks at the base of the soon-to-be-clock tower. They also sold them at events such as Loyalist Days.

This campaign was a huge success. Residents as well as businesses were eager to be a part of history. Bricks were also purchased in memory of loved ones.

A time capsule was also buried in the base of the clock tower. Some of the items in the capsule include; a complete donor list, a photograph of Louis Daniels, a scrapbook of current history and a 1980 one-dollar bill.

On December 4, 2016, a ceremony was held in Prescott to rededicate the Rotary Clock Tower. Residents, councillors, dignitaries and former mayors were present for this ceremony. This was also the second annual Founder's Day recognizing the birth of Colonel Edward Jessup who was born in 1735.

"Passage of time does move forward and we are moving forward here in Prescott. I think the clock tower is a good symbol of all the things we have been doing in town in recent years," commented Mayor Brett Todd during the ceremony. **LH**







# NATURAL HEALTH & HOME ESSENTIALS

By Tanya Hammond

It's that time of year that both our health and home could use a pick me up. The long dark days of winter can take a toll on us, with many people often experiencing what is commonly known as the "winter blues."

The lack of daylight hours combined with less than ideal weather conditions can sometimes mean we don't get the exercise we do in the warmer months. When I say we I mean me! Unfortunately, my body lets me know in no uncertain terms that it isn't happy with my more sedentary lifestyle with increased time spent at the computer. Thankfully, I know just the remedy for the aches and pains that come from neck and back strain.

I have known for years the benefits of receiving chiropractic care to restore, maintain and enhance my health. I have relied on the talents of Dr. Kelli Blunt and her team for a number of years to get me back up and functioning time and time again. I do wholeheartedly believe that there is a great ability for a person's body to heal, given a chance to experience treatment from a variety of trained health care providers. A drug-free, surgery-free path to natural healing is a route worth exploring.

Our community is abundant with professionals specializing in a wide range of hands-on therapy, and I encourage you to seek out those that can help you on your journey of well-being. I have recently had the pleasure of receiving treatment from another area professional, Marcy Fraser Rmt, of Green Door Massage. After a lengthy discussion during my first consultation, Marcy instinctively knew what was needed. I received treatment that incorporated diaphragm release and fascial restructuring. It's not the relaxing massage that one might picture in their head, but it is well worth taking the time to schedule. Immediately after the treatment, I noticed how much better I could breathe. I felt reinvigorated and ready to step back into a better exercise routine.

As well, on this quest to improve health and home I discovered the benefits of essential oils and all they have to offer. My introduction to essential oils began coincidentally with the desire to continue to breathe better. I started by purchasing a diffuser and some peppermint oil so that I could feel the uplifting effects as it filled the air with the sweet, mint aroma. Soon after, I found myself not only ordering

health care products made with essential oils, but also home cleaning products created with essential oils that are free of the harmful toxic chemicals found in many other cleaners on the market today. Although essential oils have been used for centuries for digestive and sinus problems and to support the nervous and respiratory systems, they are now gaining mainstream popularity with numerous distributors in the area.

Another old world product that has resurfaced in recent years is the use of Himalayan salt lamps to not only create a warm ambiance but also help with indoor air pollutants and decrease allergens. In fact, I have added one to my home office to help neutralize the effects of the electronics that surround me. I have also found that decluttering clears not only the space in your home, but also your inner spirit. It allows creativity to flow more freely.

I encourage you to seek out those things that soothe the soul and create healing from within. The promises of sunny spring days are just ahead. There is no better way to go into a season than feeling rejuvenated and reinvigorated in your health and your home. [LH](#)





Photos courtesy of Athens Area Historical Society & Museum

Left: Purcell's covered bus heads up Athens' Main St., most likely taking passengers from the B & W station to the Armstrong Hotel.

Bottom Left: Sleigh runners were switched to wheels after winter in this photo of the railway bus as it waits at the B&W to transport passengers into the village.

Below: This is a ticket stub from the Athens railway in 1903. A trip to Brockville would have cost 50 cents.



# REMEMBERING THE B&W RAILROAD

By Sally Smid

As we celebrate the 150th year of Confederation, it's interesting to note that one of the articles of agreement was the construction of an Intercolonial Railway. While the first Athens mural featuring the Athens railway yard has faded, the memories and significance of that era remain. In Edna Chant's, "As the Pages Turn" she comments, "It was perhaps the most important of all for the prosperity of the village." Early travel was slow and often treacherous, over dirt roads with horse and buggy or stage coach. Farmersville (Athens) folk first introduced the idea. With funding secured in 1888 through New York entrepreneur R. Hervey, the Brockville and Westport Railway (B & W) began service. The village attracted businessmen from Montreal to Toronto. Stops linked Lyn, Seeley's Bay, Glen Buell, Forthton, Glen Elbe, Athens, Lyndhurst, Delta, Phillippsville, Forfar, Crosby, Newboro and Westport, with 40 miles of track, allowing for quicker and more economical transportation. Shipments included livestock, cheese, maple syrup, eggs and turkeys, for the famed Turkey Fair Day. Hockey teams rode the rails for competitions. Students travelled to schools in the village where they often

boarded. The B&W also transported mail, salesmen, fishermen and hunters. Ladies took shopping trips to Brockville. The B&W even ran excursions for picnics, fairs, special concerts, shows, and even funerals. One of the most poignant events was the transporting of troops during WWI. Later telegraphs arrived through that same station reporting about servicemen lost in battle. It was the station master's sad job to inform families about their fallen loved ones.

The Athens Station was located near the entrance to Centre 76 on Henry St. A horse-drawn bus was available to carry passengers and baggage into town, with wheels being traded for sleigh runners each winter. Local youth would hitch a ride from the station back to Main St. if it arrived without passengers. Some put coins on the tracks waiting for approaching engines to flatten them. Others recall "riding the hogs" in the rail stockyard.

The original Athens station burned down in March 1942, along with its warehouse and valuable records. While surrounding mills were spared, there was considerable loss, especially for station master Alec Watt. It was replaced by a smaller structure. In the 1930s there was an "egg grading station" in part

of the waiting room. Farmers brought their eggs in for grading by the station master before shipment to Brockville at 12 cents a dozen. The B&W "Jitney", a railway coach with a built-in diesel engine, was used for local passengers and mail service for a time as well. Due to financial difficulties, the arrival of the automobile and road improvements, the B & W eventually closed in 1952. Railway enthusiast and collector Dr. Doug Wight had the Athens station moved to "Wight's corners" near the corner of Lake Elroida and Hard Island Roads, with the intention of creating a museum. It was later remodelled into a home. Remnants of the old rail bed are still quite evident near the station area or across the front lawn of Maple View Lodge. The B&W is also embedded into local history in a powerful way during what was considered to be The Golden Age of Athens. [LH](#)

**Editor's note: To find out more about the early railroads, come to the Athens and Area Heritage Society's presentation, by noted speaker Railway Bob, in the Joshua Bates Centre on March 26th at 2 pm.**

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# JENNIE LAMB

## Woman Extraordinaire

By Sally Smid

Perhaps one of the most outstanding women in our area's history has to be Jennie Lamb. Jennie seemed to be "ahead of her time" in the early 1900s. In those days men dominated in business. Women were denied a variety of rights and privileges and expected to hold traditional jobs such as domestics, secretaries, nurses or teachers.

Jennie Davison Lamb hailed from Smiths Falls and was married to Curzon Lamb. She helped run a dry goods store in the "Stedman's building". Curzon was also a druggist and had degrees in dentistry and optometry as well. The couple lived on 4 Elgin St. S. in Athens. The Lamb Drugstore was in the same building which now houses the Pharmasave Drugstore today. Some of the Lamb memorabilia and photos are featured on the walls of that store. Jennie was an active part of Curzon's business and manufactured medicines like Lamb's Lubricating Liniments, Horse Powder, and Indian Pills. She was also very involved in

the community. She was an accomplished pianist and singer and some of her sheet music from the WWI era is part of the Athens and Area Heritage Society's archives.

Jennie did not follow the usual role of "a woman's place is in the home" and even went to school to learn about photography, photo developing and print making. The exquisite photos that she took are perhaps her greatest legacy and remain one of the best chronicles of life in the area, especially

of Charleston Lake between 1905 and 1930. For many years she and her husband had a cottage on the Shacktown shore named Point Sylvia. Many of her photos were made into postcards and are part of the village's interpretive sign. AAHS (Athens Area Historical Society) was thrilled to receive a large donation of some of her memorabilia including original photos from her cousin Janet Johnston George who now resides in northern New York.

In the summer the Lambs and their friends would dress in formal attire and picnic at the Lake which is depicted on a Main St. mural. The Athens Museum now has their almost century old picnic kit as well as her driving goggles. A true testament to her liberated attitude. Very few women drove those early automobiles. While she and her husband had no children, she had a very close relationship with her niece Enid Stewart Bell, a nurse, who unfortunately passed away at a young age. Enid's wedding dress is part of the Lamb display at the Museum.

Jennie continued on at their cottage even after Curzon's sudden death in 1936. She often was seen driving her boat, "The Why Not", and helped for a time with the Drugstore. She eventually moved back to Smiths Falls to be with her mother and sister before passing away in 1974. She continues to be an inspiration and her hundreds of photos remain as an amazing legacy and resource today. [LH](#)

*Photos courtesy of the Athens Area Heritage Society & Museum.*

*Above: A stylish Jennie Lamb poses with her camera and some photography equipment. Women's hats could be quite elaborate at times and were often redecorated to suit the changing seasons.*

*Below: A horse and sleigh is pictured on the ice beside the Lamb cottage on Charleston. Wintertime brought a whole new variety of sports and activities to the Lake.*



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# PUT YOURSELF FIRST!

By Tanya Hammond

**M**any people end up sacrificing their health, their happiness, and their financial security by helping others and not themselves. For example, a single person, who may be providing care to aging parents, or raising children may end up nearing retirement age with little in savings and no backup plan, by putting other people's needs first. Yes, those are important responsibilities, but knowing where to draw the line is the key.

This might come as a shock to hear, especially from an Advisor, but "Do NOT – I repeat, Do Not – save for your children's college before you save for your future!" Your children can borrow money for college, but you cannot borrow money for retirement. Put personal/retirement savings right up there with housing and food as priorities go.

It's not too late! Those who have put off saving, or those whose financial lives were derailed by divorce, or life in general, might feel that saving and especially for retirement, is just a dream. While it's true that saving should start as early as possible, that doesn't mean that you should give up. Saving just \$1 a day and setting up a Tax-Free Savings Account and making monthly contributions of as little as \$25 is a great way to start. The biggest mistake would be to do nothing at all.

## YOU CAN DO IT!

Getting a handle on your finances and starting to save for your future is not only empowering, it promotes a healthier lifestyle, because you feel less stressed regarding finances, as well, you feel like you are in control of your future. Working with an Advisor who has the training, the understanding and the desire to help can be very beneficial. The following tips can also go a long way to helping you get on the right track to start saving today.

There are many apps available on the market for your smartphone or tablet to help get your finances organized. The Mint app is a great download that is available to help track your spending habits. Tracking your spending is a good place to start, to gain a better understanding of what categories you should focus on when considering cutting back.

Building a budget is the next step, once you have a clear picture of what you are spending and where. Once the budget is built, try to stick to it without making justifications for overspending. For example, if you are only half way through the month, and you see you have already used all the money you budgeted for entertainment, then start looking for those things that are available to you for free. Rent movies from the library, enjoy time in a local park or stay home and have a game night. Even better,

take up a hobby that you can make a profit from, like photography, writing, knitting, wood carving, etc.

Writing down your goals and posting them where they are visible gives you something to look forward to and gives you a daily reminder. Don't be afraid to share your goals because, when you share them with others, you will be more apt to stay focused on them. Most importantly, share your goals with your Advisor. He or she can help provide you with the product best suited to your goal.

Finally, avoid giving in to impulse shopping! We all love a bargain and who doesn't enjoy shopping therapy, but the best way to save and shield yourself from buyer's remorse is to stay strong and avoid those situations you know you have a weakness for. Saving is investing in yourself, and your future. Stay strong **YOU ARE WORTH IT!** **LH**

**Editor's note: This article was written by Tanya Hammond, Insurance Broker & Financial Advisor with Eastern Ontario Financial Services, for the sole purpose of presenting general information only. It is not a solicitation to buy or sell any product or service. For more information, please contact your financial advisor for specific advice about your circumstances.**

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# HOW TO BE MEMORABLE, FOR ALL THE RIGHT REASONS

By Shelli Warren

Whether you are seeking a promotion, a new client, or if you are trying to expand your reach as an entrepreneur, your chances for success is dependent on whether or not you are top of mind.

So how do you ensure your name is at the forefront for all the right reasons during those critical decisions to nominate, to offer, to support, to partner with, or to buy?

**Create connections** with class by forming lasting impressions. Let's face it, both on line and in person, people are checking you out. They are forming their opinions based on what they see and what others say about you. Influence this by ensuring people have a positive experience with you, often. Engage with them by being interested [in them] versus worrying about being interesting [to them]. They'll talk. You'll listen. A relationship begins to form based on how you made them feel while in your presence. Too often we don't consider those we lead and serve. When we put the emphasis on them, they respond with the deeper connection with you and appreciation for being acknowledged.

**Anticipate the needs** of your boss, your team, your customers. Everyone likes to know that someone on the team is knowledgeable about the ever-changing marketplace. Be that person. This includes

technology and current events. Add value by being aware of the current climate so you can avoid costly mistakes that save time, energy, and reputations. Adapt to change quickly and pivot without negativity. Embrace the fact that course corrections are necessary for any size business or career journey. You will be appreciated for your agility and responsiveness. Look ahead and notice what's coming around the corner. Insight can be your best strategy for new career opportunities.

**Stay out front.** Know your niche, and the trends associated with your marketplace. Know what your customers need before they even realize it. Build a reputation based on forward thinking backed up by facts and research. Resting on your laurels and believing that your raving fans

will always follow you or champion you, is fool hearty and lazy. People like fresh ideas, keen perspective, creativity and progressive thinking. Create ongoing touch points with those you serve and those you want to collaborate with.

**Be Consistent.** People seek out leaders who can be counted upon to perform in the same manner, at the same pace, regardless of the day of the week or time of the year. Be consistent on your level of responsiveness and contribution. Keep your shop open with consistent hours. Engaging with people on key social media platforms frequently and simply answering texts and emails promptly speak loudly about who you are. Be known for your delivery of the goods and your ability to hit targets such as cost, schedule, and compliance. However, none of the above attributes will matter if you can't treat people well whether they are right in front of you or not.

Join us in the next LHM issue as we explore communication styles that lead to memorable interactions at work, in your business, and within your community. **LH**

***Editor's note: Shelli Warren is a Success Coach who works with ambitious business women throughout the 1000 Islands Region and beyond. She's also the host of the popular Success Series and SheConnex Facebook community. Visit [SheConnex.com](http://SheConnex.com) for more info.***



Shelli Warren of SheConnex



# CELEBRATING WITH ST. PATRICK

By Lorraine Payette

On March 17, almost every good Canadian becomes Irish. Guinness is available at most watering holes, tonnes of corned beef and cabbage are boiled up to be served with thick slices of tasty soda bread, green wardrobes come out of every closet and a hearty “Erin go Bragh!” (meaning roughly “Ireland Forever!”) is heard throughout the land as we celebrate the anniversary of the death of St. Patrick.

St. Patrick was not born an Irishman. Son of an aristocratic family in Britain, he was born around 390 AD. He enjoyed a country villa, a townhouse, and numerous slaves to fulfill his every whim. A spoiled child, he had little interest in Christianity in his youth.

According to tradition, he was seized by kidnappers when he was 16-years-old and sold into slavery for seven years in the Irish highlands. He suddenly found himself penniless, forced to tend sheep in all kinds of weather, praying constantly for kindness from his masters.

Somewhere during that time, he re-discovered his religion and became a devout Christian. He found an inner strength that would sustain him through every trial. Legend has it that one night he heard a voice in a dream telling him to escape and

return to Britain. Slipping away under cover of darkness, he took passage on a pirate ship and found his way home to his family.

He was ordained as a priest, eventually declaring himself a bishop. He heard the voice again, this time telling him to go back to Ireland where he would bring Christianity to his former captors, offering them salvation through the love and mercy of the Church and a chance to find undying strength within themselves.

This would be no easy task. Irish royalty would harass him, he would be beaten and abused by many of the citizenry, and even his superiors in Britain would look down upon him. At his death on March 17, 461, he would be considered a foolish little man with great delusions, quickly buried and forgotten.

Time and memory work in mysterious ways, and slowly stories were spread about Patrick and what he had accomplished. He was said to have driven the snakes from Ireland (which never had snakes to begin with, but it is a good allegory for his replacement of paganism with Christianity, where the snake is considered to be evil), and to have used the 3-leaved shamrock to teach lessons of the Trinity.

Although he was never officially canonized, Patrick's fame grew and he became the patron saint of Ireland. When Irish immigrants began coming to North America to settle, they brought him with them, and the celebration of St. Patrick's Day took on a whole new meaning.

While a holy day in Ireland celebrated with reverence and solemnity, here it became a day of feast and frolic.

Originally, the day was celebrated by Irish charitable organizations, holding banquets to recognize their Irish heritage and that they had never let hardship defeat them. In the eighteenth century, Irish soldiers fighting with the British in the US held the first St. Patrick's Day parade. The boiled dinners, green beer, and wearing of official green clothing were all established here by those wishing to honour these great people.

On St. Patrick's Day, be proudly Irish. Shout “Erin Go Bragh!” and celebrate the undying strength and promise of Ireland's patron saint. **LH**

**Editor's note: In Brockville and Area there is a large Irish cultural community that celebrates their heritage. The Brockville Irish Cultural Society's Mission Statement is to promote the music and culture of Ireland in Brockville and area. You can check out their facebook page for events and information and you can join the Society for \$5 for a one year membership.**





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# THE SWEET TASTE OF SPRING

By Lisa Crandall

It must be a seasonal thing. As the chilly days of winter begin to ease and the snow pack melts back, Canadians begin to get a hankering for the sweet sticky taste of pancakes swimming in a pool of maple syrup. This homegrown golden goodness is unique to parts of Canada where the right

temperature cycle combines with the right kind of trees.

Hunter's Maple Products, located near Spencerville, is the 2nd oldest sugar bush in Eastern Canada. Owned and operated by the Hunter family, it is located on their ancestral homestead, settled by immigrants from Scotland, who arrived in 1821.

These days their great, great, great grandson John Hunter plays host to locals and visitors at the family run pancake house, which is open for the two months that comprise the sugar season. The Pancake House traditionally opens the 1st Saturday of March and weather permitting, stays open until the end of April. It can seat up to 60 people at a time. It is a popular destination on the bright sunny weekends of late winter.

Sugaring off is a fleeting period of time at the end of winter. In order for the sap to run, the day time temperatures must be consistently above zero and the night time temperatures must be below zero. Old timers say that you can tell when it's time to tap by watching for that moment when the snow begins to melt from around the base of the trees. An average season is three to four weeks long.

At Hunter's Maple Products, they put 1800 taps in almost as many trees. Some of the

older trees are big enough to be tapped in 2 or 3 places without injuring the tree. According to Hunter, in their sugar bush, some of their biggest trees are almost 300 years old.

In the old days, each tap had a sap bucket attached to it and they had to be emptied by hand, delivered back to a central processing area, then boiled down over a wood burning fire. It was a very labour intensive process. These days most of the trees are connected to long strands of narrow tubing that allow the sap to be pumped out into massive holding tanks, then processed in huge open pans in covered sheds. It takes 40 gallons of sap to produce a single gallon of finished syrup. Hunter figures on a good day they can average 300 gallons an hour over the six to eight hour day.

Hunter uses buckets on about 300 of the trees closest to the sugar shack so that visitors can see for themselves the clear thin sap that is the starting point of the finished product. They are also welcome to view the whole process, from boiling off to bottling, making for an informative educational experience.

The Hunter's Maple Products Pancake House is located at 1909 County Road #21. Look for the sandwich board sign at the end of the road. It is open from 8AM until 3PM, weekends only, during the months of March and April. It is a cash only venue so plan ahead. Bring extra cash because you are sure to want to stock up on hand bottled maple syrup and other sweet treats. Special group visits can be arranged. Details and contact information are available on their website at [www.huntersmapleproducts.com](http://www.huntersmapleproducts.com) **LH**



Close up of the dripping spile



Sap buckets in trees

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Sandra with a surprise visit by Jonathan Winters (actor/comedian)

# TRIUMPH OF ENTREPRENEURSHIP

## Executive Secretarial Celebrates 30 Years of Success

By Lorraine Payette

"I first decided to start my business when I was laid off at UTDC, Bath, Ontario, in 1985," said Sandra Wright, proprietor of Executive Secretarial Services and Art Supplies in Gananoque. At the time, many traditional employers and large industries were downsizing.

Part of her job had involved typing resumes and relocating, so she decided to try it on her own and created her business.

"I found the location at the back of Robeson's Country General Store in 1986," she said. "Starting a new business was

very scary and I couldn't find a business loan to start me off so I went for a personal loan of \$4,000. Added to my savings and the equipment and supplies I had already bought with my unemployment cheques, I was on my way."

She moved from Kingston to Howe Island to improve on her commute.

"The drive was so much more bearable," she said. "There were a few times where one ferry would break down and I found myself lined up with other commuters all trying to get to work on time, but only

twice could no one get on or off the Island in my 22 years of living there."

Sometimes it meant leaving very early or she would be hard pressed to see any business at all. But it never stopped her.

"I remember only making \$0.10 on Saturdays in the beginning and wondered why I was doing it," she said. She hired a Saturday person, giving her a much-needed break, at the same time she was running out of space for her business, so she purchased her current store.

Running a small business is not easy. She soon found herself working six days a week once more. Even so, there were good times and great surprises.

"One day a friend of mine who cared for some cottages on the Thousand Islands told me that Jonathan Winters would be staying there," she said. "I told him I loved Winters and, sure enough, Jonathan Winters came into my store. He locked himself in with me and did a comedy routine that I will never forget."

Wright also enjoys supporting the local community, doing everything she can to help.

"During 'Jammin In The Thousand Islands' musicians come and play in stores, halls, theaters, anywhere they can fit a band and equipment," she said. "I have participated for six years now, and am proud to have musicians come and play in my store. We laugh because we always put the drummer in the window."

She was also involved in "The Ultimate Fishing Town" contest run by the World Fishing Network. Open to all of Canada, Wright and her team won the title of "Ontario's Ultimate Fishing Town" for Gananoque in 2013.

Wright has received grateful public recognition – from the "Entrepreneur of the Year Award" in the year 2015 from 1000 Islands Gananoque Chamber of Commerce and through many certificates of thanks and congratulations from MPP Steve Clark, MP Gord Brown, The Mayor of Gananoque Erika Demchuk, The Gananoque BIA, and good wishes from the entire community.

"It's hard to believe it's been thirty years," said Wright. "Please accept my sincere thanks for letting me serve you. I greatly appreciate the fact that you have chosen to do business with me, and I pledge my continuing efforts to offer you the best service possible. Please come again." **LH**



# Speaking of wine

By Russ Disotell

**M**id winter is a time to indulge and pamper yourself with some absolutely spectacular wines that offer great drinking pleasure and outstanding value.

We'll start in the Rhone region of France with Louis Bernard Cotes Du Rhone Villages 2015 (CSPC# 391458, \$16.95) a red wine that is the epitome of great balance and complexity. It is a classic Rhone blend of Grenache, Syrah and Mourvedre, with an emphasis on the Grenache. Aromas of jammy red berry and fresh cracked pepper are readily apparent on the full, open nose. The palate is medium full with layers of strawberry, red currants, juicy black cherry and cassis fruit with secondary flavours of dark chocolate, mocha and black licorice. You might even detect a light cinnamon at the back of the palate.

The generous fruit is offset by soft tannins and a zesty, racy acidity that promises great food pairings. The finish is lingering and offers a different taste experience with every sip. Louis makes a wonderful sipping wine for mid-winter contemplation or can be admirably matched with stew, roast poultry, or curried lamb.

Jacob's Creek Reserve Barossa Shiraz 2014 (CSPC# 665471, \$16.95) showcases what the Aussies can do with this classic Rhone grape. You can expect deep, rich flavours of ripe blackberry, plum, coffee and vanilla with a nice dusting of herbaceous spice, draped in a subtle toasty oak. Light dusty tannins and ample acidity team with the unctuous fruit for a superb balance. The finish is juicy, rich and lengthy.

This Aussie beauty is full bodied, yet velvety soft and supple in texture, a throwback to the older Australian style Shiraz. Easy drinking, simply pleasing, with not a lot of necessity for

discussion or examination, just enjoy it. Food partners are similar to our Rhone selection; stew, grilled red meats or roasted poultry. It will shine when served with spicy lamb.

Washington state is the overlooked American wine region, yet it produces superlative wines and has a storied history of premium wine production. Consider Columbia Crest Grand Estates Chardonnay 2014 (CSPC# 462846, \$17.95) as an example. This is a full rich toasty Chardonnay that offers all sorts of delights. The complex nose features pear, apricot, baked apple and citrus aromas. The palate is equally complex with tropical fruit, melon, citrus, green apple and butterscotch, or if you like, caramel flavours.

This is an old style oaky chardonnay, creamy and buttery. Add nicely balancing acidity and a finish with great length and voila! Sip on its own or pair with roast pork, creamy risotto, salmon or tuna.

Whatever wine you choose to compliment the meal and friends remember one thing- Enjoy! **LH**

*Russ Disotell enjoyed a twelve-year career with the LCBO. He spent the last four years as Product Advisor in Vintages purchasing where he was a member of the buying panel and endured the arduous task of tasting products every week! Since leaving the Board he has written columns and articles on wine, helped develop wine lists and conducted wine tastings. Russ has been writing for Living Here Magazine since it's inception in 2013 and we are grateful for his insights and recommendations to our readers on finding the perfect wine to go with food, friends and family!*



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# Our Communities are what make 'LIVING HERE' Special!



In 2017 Let's Celebrate Canada's 150th Year and make a point to visit our area communities as they put on events to mark this historical year. To celebrate what makes their town or city unique.

- ✓ Whether you explore the Aquarium in Brockville, or visit Fulford Place or the Brockville Museum.
- ✓ Take in the history of Fort Wellington in Prescott and then visit the Riverwalk District in Prescott.
- ✓ Look at the beautiful Murals in Athens or have fun at Steamfair or Cornfest in the summer.
- ✓ Bring your family to one of Ontario's oldest running family fairs in Landowne, Delta or Spencerville.
- ✓ Take a 1000 Island Cruise in Gananoque or shop in the downtown with their unique shops and restaurants.
- ✓ Check out the river views and diving spots for shipwrecks in Cardinal.
- ✓ Go fishing or boating on the majestic St. Lawrence or visit some great hiking/biking trails in our area
- ✓ Visit scenic Seeleys Bay for Canoe fest or join in the fun with Turkeyfest in Lyndhurst with the family in the fall.



*Let's Celebrate "Living Here" &  
Explore our Communities in 2017  
& re-discover what our area has to offer!*



**Canada 150**  
1867 - 2017